

# The Dynamos Run



## June 2023

Welcome Dynamos to your June 2023 newsletter. We hope that you are enjoying the fabulous weather we are currently experiencing. Milder and brighter evenings are beginning to invite more scenic routes from our wonderful run leaders. Some of our very newest members are being introduced the joys of trail runs. March through to May have appeared to go so quickly with members training and completing marathons and half marathon, 10km and 5km races. Dozens of Dynamos taking on the challenges of their longest runs to date. I think that there can only be one starting point for this edition of our newsletter.

## Rob Burrows Leads Marathon and Half Marathon



each and everyone one of you for your tremendous support.

14<sup>th</sup> May 2023 was a day that Drighlington Dynamos and indeed the whole of Leeds will never forget! The inaugural Rob Burrows Leeds Marathon and Half marathons started from St Michael's Lane in Headingley. 50+ Dynamos took part in the events with well over 100 volunteers, supporters, families and loved ones littered around the courses. What an achievement for everyone evolved. Well done to

## London Marathon

23<sup>rd</sup> April saw The Dynamos heading to the smoke for the 2023 London Marathon. Joined by their trusty tambourine tapping support crew the boys took on the streets of the capital. To make it even more interesting they started in different locations! With the Dynamos philosophy of no one's left behind the boys met up part way around to complete their London journeys! Well done fellas splendid work.



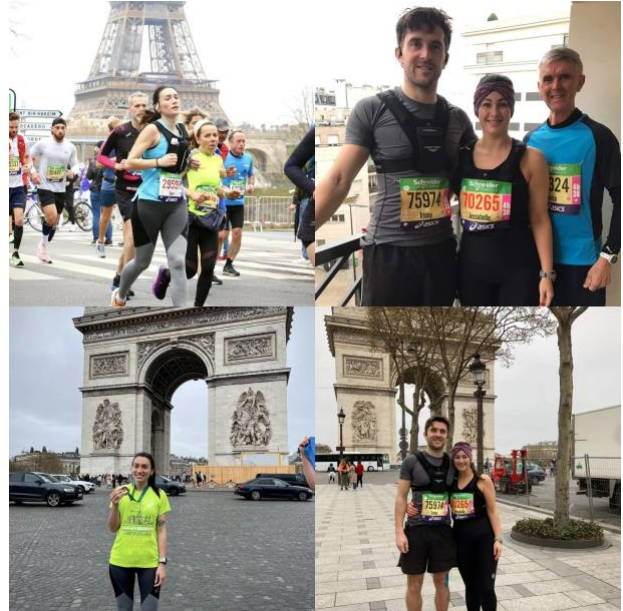
## Ibiza Marathon



1<sup>st</sup> April was no time for fools apart from this one! I mean who's nuts enough to run a marathon in Ibiza, oh that'll be Adam Brown aka Brownny. Not only was this the 1<sup>st</sup> of April but it was Adams 1<sup>st</sup> of 3, yes that's right 3 marathons in 6 weeks! Also the 1<sup>st</sup> of our Dynamos international tourists. Congratulations pal on a far from shabby performance. Well done and keep up the amazing work.

## Paris Marathon

2<sup>nd</sup> April was the another Jet set event for several Dynamo members. This time the location of choice was Paris, France. Jess Bedford, Richard Walker and Cassey McNulty all absolutely smashed Le Marathon de Paris. Cassey was accompanied by her ever supportive mum Kathy (loudest most enthusiastic supporter ive ever herad!) and Richard actually ran with this dad Derek. Hats off to Mr Walker senior! Brilliant effort from everyone involved and some superb photos and memories to treasure.



## Drighlington Walkie Talkies



The Drighlington Dynamos Walkie Talkies continues to go from strength to strength with more and more members enjoying the inclusive, well being walks. The lighter nights and pleasant weather has seen groups venture out of the village and into the glorious countryside around. The Wednesday walks are now a firm fixture in the Dynamos calendar. Thank you to Julia Firth who is the latest addition to the walking group leaders.

<https://groups.runtogether.co.uk/DrighlingtonDynamos/Runs>

## Members of the Month

Congratulations to our most recent recipients of the Drighlington Dynamos member of the month. Firstly we saw Liz Harwood who was nominated by several of her co members for her fabulous running, bubbly supportiveness and great 10k exploits. We then saw the brilliant Adam Brown receive the Member of the Month for April for his epic marathon shenanigans. Most recently we've seen Julie Ann Cousins awarded MoM for May. Julie Ann was a Dynamos couch to 5km graduate and now takes part regularly in 10km races and events. Julie Ann recently celebrated her 25<sup>th</sup> Birthday and we all wish her many happy returns.



## Run Leeds Member of the Month

As our wonderful club continues to grow and push forward more and more clubs and organisations appear to be noticing us. One such organisation Run Leeds got in touch after hearing about our running fraternity and its exploits. After talking with Danny about the club its members and its ethos. They discussed Brownny's achievements over the last couple of months they couldn't look passed Adam for their member of the month. I'm sure you'll all agree and join me in congratulating Adam on this well deserved award. Once again thoroughly well done pal!



## Dynamos 2<sup>nd</sup> Anniversary Barbecue

On Saturday 3<sup>rd</sup> June we held the Dynamos 2<sup>nd</sup> Anniversary celebration with a family fun day and barbecue. We were fed by the fabulous Twisted Kitchen watered by our lovely friends at Drighlington Community Sports Club Bar. The kids and Julie Ann! even had their faces painted too. It was a super sunny chilled Saturday and was well received by all. I'm pretty sure that it won't be the last gathering in this cracking weather! Thank you all as always for your tremendous support of our social events.



## New run leaders alert.

With the rapid growth of the club we have the recent pleasure of welcoming a whole host of new run leaders with even more on the way. So please join me in welcoming Shaun Sykes, Amanda Cooke, Jennifer Richardson and Sarah Wood. We are extremely grateful for giving up you time to lead with us. Welcome on board.



#####Coming up soon!#####

## Leeds 10km

Leeds 10km on Sunday 18<sup>th</sup> June (Fathers Day) is set to be another well-attended event by the Drighlington Dynamos. Back to its more traditional route the Leeds 10km will start at the University and take in Meanwood and the city centre before finishing at the Art Gallery. Places are still available if you are feeling inspired.

<https://www.runforall.com/events/10k/leeds-10k/>



## Run for Jo 2023



Sunday 25 June 2023 is the 7<sup>th</sup> Annual Run for Jo & family fun day in memory of Jo Cox. It will take place at Oakwell Hall. A number of Dynamos have already signed up to run

and last year members also supported as volunteers. This year is a great opportunity to get your family and friends involved in this community event right on our doorstep and to enjoy this get together in memory of Jo.

You can book via [racebest.com](https://www.racebest.com) to take part in the 6.5km or 2.5km events.



We look forward to seeing you all there!

## Drighlington Dynamos Website



As always updates and news can be found at our very own website which is [www.drighlingtondynamos.co.uk](http://www.drighlingtondynamos.co.uk)

There are new news stories and photos added regularly. You'll find access the back editions of our newsletter, see the run leader bios and can take a trip down memory lane, as now we have added the 2022 awards

and 20+ members of the month since launch night!

## Editors Comments

I hope you've enjoyed reading this latest bumper edition of the Dynamos Run. There's plenty more coming in the next edition. Remember Dynamos Run, Walk and socialise too. Happy summer!